

## AMENDMENTS TO THE CLAIMS

A1 Claim 1 (Currently amended): A method for increasing retention in the learning process, comprising the ~~step~~ steps of:

providing at an Internet site a course of instruction having a number of mini-lessons, each including a learning task to be performed by an individual; and,

... automatically transmitting the learning task to an the individual at preselected times not disruptive to the individual such that the learning tasks to-be are performed multiple times during the day from an Internet site, thus to provide the individual with an active learning experience pushed from the Internet site as at preselected times during the day at which the individual is expecting receipt of a mini-lessons.

Claim 2 (Cancelled)

Claim 3 (Currently amended): The method of Claim 2 1, and further including ~~identifying the responses of the individual~~ the steps of providing responses of the individual to a learning task and transmitting the responses back over the Internet to the Internet site.

Claim 4 (Original): The method of Claim 3, and further including altering the individual learning tasks from the Internet site responsive to the responses of the individual to prior learning tasks from the Internet site.

Claim 5 (Original): The method of Claim 1, wherein the individual learning tasks from the Internet site are time limited so as not to interfere with the normal tasks of the individual.

Claim 6 (Cancelled)

Claim 7 (Currently amended): The method of Claim 6, wherein the mini ~~object~~ lessons are arranged in the nature of an order to constitute guided practice.

Claim 8 (Original): The method of Claim 7, and further including the steps of following a mini-object lesson with a more limited follow up activity.


Claim 9 (Original): The method of Claim 2, wherein the learning task device is selected from the group of internet-connected devices consisting of computers, personal digital assistants and voice over Internet audio producing terminal.

Claim 10 (Original): The method of Claim 1, wherein the automatic transmission is at a pace so as not to disrupt the individual during his workday.

Claim 11 (Currently amended): The method of Claim 1, wherein the learning tasks include ~~experimental~~ experiential learning in which the individual is prompted to respond with ~~same~~ some action.

Claim 12 (Currently amended): The method of Claim ~~44~~ 3, wherein the receipt of a learning task is indicated by the response of the individual to the learning task.

Claim 13 (Original): The method of Claim 1, wherein the learning task is designed to improve competency in the workplace.

 Claim 14 (Original): The method of Claim 1, wherein the learning task is designed to teach an athletic activity.

Claim 15 (Original): The method of Claim 1, wherein the activity is golf.

Claim 16 (Original): The method of Claim 1, wherein the learning task is designed to empower women to react to specific workplace encounters with positive results.

Claim 17 (Original): The method of Claim 1, wherein the learning task is designed to improve the response of the individual to health related issues.

Claim 18 (Original): The method of Claim 17, wherein the health related issues includes controlling the weight of the individual.

Claim 19 (Original): The method of Claim 17, wherein the health related issues includes addiction.

Claim 20 (Original): The method of Claim 17, wherein the health related issues includes the taking of medication.

Claim 21 (Currently amended): A system for assisting the learning of an individual comprising:

a website coupled to the Internet;

a course of study available at said website;

means for automatically transmitting mini-content lessons in the form of tasks to the individual at predetermined times during the day not disruptive to the individual; and,

a task reporting device available to the individual and coupled to the Internet for receiving the automatically transmitted mini-content lessons and ~~prompting~~ prompting the individual to respond thereto.

Claim 22 (Original): The system of Claim 21, wherein said task reporting device includes a response entry device coupled to the Internet for transmitting a response of the individual back to said website, thus to indicate that the individual has received the mini-content lesson.

Claim 23 (Original): The system of Claim 22, and further including at said website data storage for recording said response.

Claim 24 (Original): The system of Claim 23 and further including course altering means at said website for altering the content of said mini-content lessons responsive to said response.